**AD/HD by Jake**

Having AD/HD can be a real challenge. I know this because I have AD/HD. Everyday I face challenges that a lot of other kids do not, both at school and home. It sometimes feels like someone is always angry with you. One thing for sure, being a kid with AD/HD is not always EASY!

AD/HD stands for attention, deficit, hyperactive, disorder. Kids with AD/HD find it hard to stay still, pay attention and make good decisions. AD/HD affects everything in my life; it also affects the way I get along with adults and other kids. People do not always understand me, even when I don’t think there is anything wrong.

The good thing is that you can try to control AD/HD. First you have to understand how it affects you, what I mean is how you do things and get along with others. I sometimes have trouble keeping my mouth and body still or to stop talking. Some people may say you are fidgeting or being hyper. It is hard for me to stay focused on things that are “boring”. Noises around me can really bother me when I am trying to do my work. Any sound in class can bother me, like people talking in class or other classes having gym outside the portable. Kids with AD/HD also have a hard time stopping and thinking before they act. This always gets me in trouble; it is like there is an engine inside me that will not slow down.

Being a kid with AD/HD is not always easy; parents and teachers expect a lot from you. I feel that I have to work really, really hard to get things done and to do well. Sometimes people expect too much from me, making me feel angry and stressed. I then feel there is nothing that can make it better. So what I try to do is, everyday I try to make it a better day. AD/HD has many challenges but you can work on them and make them better. If you think “I will never do well in school, I can not focus on my work or pay attention to what the teacher is saying, or my parents and teachers are always mad at what I say or do,” it is like they do not think that I am trying. But I have to remember everyday I am an important and good person. I am always learning new ways to pay attention, stay still and make good choices.

After me talking to you about AD/HD I am sure that you have learned a lot. If you see someone struggling, help them out and give them any advice on how to pay attention or anything else that may help them. AD/HD is going to be a long journey for me and I will have a ton of challenges but I have to remember to stay positive, believe in myself and always work to do better.

Always remember that AD/HD is not a bad thing! Jake – Grade 5 student – Niagara Region 2007